

Fall Walks

Passport to Wellness



For Adults 50+

Walking For Health

Dates/Locations:

Fri., Sept. 30 – Martin Luther King Park

Bronze Head of MLK

Fri., Oct. 7th – Delaware Park Parkside Lodge

Agassiz Circle

Fri., Oct. 14th - South Park

Botanical Gardens

Fri., Oct. 21th - Delaware Park

Rose Garden

For more information, contact Jenna Brinkworth at the Wellness Institute.

Phone: 851-4052, Fax: 851-4309

Thank you to our sponsors:

*Wellness Institute of Greater Buffalo
The Erie County Department of Senior Services
City of Buffalo Senior Services
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